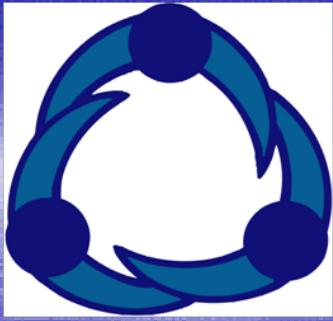




Friends For Mental Health

- Mission: FMH helps to guide families towards new paths in learning to live with mental illness. We listen and counsel, we provide information and referrals, we offer self-help and respite and we promote public awareness. We are flexible and we respond to changing needs of our community.



Friends For Mental Health

- We collaborate with other mental health resources to improve services
- Educate the community about mental health to demystify it
- Help to prevent homelessness and unjustified jail time
- Only one to offer the services in WI



Friends For Mental Health

Reality

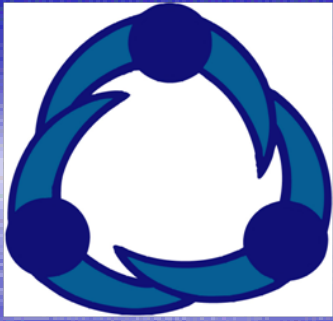
- Deinstitutionalization
- One family in 5
- Families are primary caregivers
- No training to adequately care for ill member



Friends For Mental Health

Impact on the family

- Stigma and taboo (isolation)
- Access to treatment
- Recognizing that one is ill
- Disorganization within the family
- Bewilderment
- Caregiver burnout



Friends For Mental Health

Counseling

- Early intervention for first episode of psychosis
- Better understanding of mental illness
- Improvement of quality of life for all
- Decreased rate of relapse and hospitalizations
- Develop coping strategies
- Crisis management
- Knowledge of other resources